

*Delicious*

8



**PALEO**

**TIME-**

**SAVING**

**RECIPES**



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# Italian One-Pot Lemon and Herb Chicken with Vegetables

- Preparation Time: 5-10 minutes
- Cook Time: 50 minutes – 1 hour
- Total Time: 1 hour – 1 hour 10 minutes

Serves: 4

## Ingredients

- Extra Virgin Olive Oil
- 2 lemons, sliced
- 1 lemon, cut into quarters
- 2 large rosemary twigs
- 4 cloves garlic, finely chopped
- 1 leek, shredded
- 1 red onion, cut into half moons
- 1 large courgette, halved lengthways and cut into ½ inch pieces
- 1 large eggplant, or 2 medium sized, cut into chunks
- 4 boneless chicken breasts, approximately 6oz each

## Marinade for Chicken

- 1tbsp Extra Virgin Olive Oil
- 3 or 4 thyme twigs
- 2 cloves garlic, finely chopped
- 2tsp dried oregano
- 2tsp dried parsley
- Ground black pepper and salt to taste

## Instructions

1. Prepare a large baking dish/roasting dish by coating with olive oil. Set aside for use later.
2. Place the chicken and all the marinade ingredients into a zip lock bag and massage thoroughly so that the flavors infuse. Seal bag and place in the refrigerator on a plate for a minimum of 2 hours, or overnight.
3. Heat oven to 350°F/Gas mark 4.
4. In the bottom of the baking dish, layer the lemons and rosemary twigs.

5. Toss all the vegetables (include the garlic) together in a bowl, then tip into the prepared baking dish, add a little more olive oil and make sure they are all coated.
6. Take the chicken out of the zip lock bag, place on top of the vegetables and squeeze out all the marinade ingredients over the chicken. Season with a little more salt and ground black pepper.
7. Push the lemon quarters into gaps between the chicken. Cover with aluminium foil and bake in the oven for 30 minutes.
8. Remove foil, baste the chicken and vegetables with the juices in the dish and recover with foil. Bake for another 20 minutes.
9. Test the vegetables are cooked through and serve the dish. (If vegetables are still a little hard, remove chicken, place on a plate and keep warm).

# One Pot Mandarin Beef and Broccoli

- Preparation Time: 15 minutes
- Cook Time: 2 hours – 2 hours 30 minutes
- Total Time: 2 hours 15 minutes – 2 hours 45 minutes

Serves: 4

## Ingredients

- 3 large glugs olive oil
- 1 whole medium sized garlic bulb, peeled and thinly sliced
- 2 inch piece fresh ginger, peeled and grated or cut into thin matchsticks
- 1 white onion, cut into medium sized dice
- 1 red chilli, deseeded and thinly sliced (if you want it hotter, use a green chilli!)
- ½lb broccoli (try to get the tender stem (long stem broccoli) cut into pieces
- 1½lb braising steak, cut into 2 inch pieces
- 2 mandarins, clementines or satsumas, cut into thick slices
- 8 shitake or oyster mushrooms
- Juice of 1 orange
- 2 star anise
- 1tsp Chinese 5-spice powder
- ¼ cup Verjuice or white wine
- 16fl.oz natural beef stock
- 1tbsp raw honey (for sweetness)
- 3 scallions or green onions, cut diagonally into pieces
- 2 heads bok-choi, each one cut in half lengthways

## Instructions

1. Heat oven to 350° F/Gas mark 4.
2. In a large casserole dish or Dutch oven, using half the oil, sweat the garlic and onions until slightly softened. Add ginger, star anise, 5-spice powder and chilli and stir, making sure nothing sticks to the pan.
3. Add the broccoli to soften slightly, cook for about 2-3 minutes, but do not allow to burn then remove from the pan.
4. Add the remaining oil and brown the beef. Once starting to brown, add the mushrooms and Clementine slices. Stir to coat.

5. To the pot, add the stock, verjuice/white wine, stock and juice of the orange. Stir and bring up to the boil.
6. Once boiled, turn to simmer, add the honey and mix well.
7. Place the lid on the dish and put into the preheated oven.
8. Cook for 1 hour, then stir everything around. Replace lid.
9. After a further hour, check the beef – it should be more or less soft. If not, put back in the oven and continue to cook until tender.
10. Once beef is quite soft, put the bok choy and scallions into the dish and place the lid back on.
11. Continue to cook until everything is tender (approx 15 minutes).
12. Before serving, remove star anise.

## Sweet Potato and Mustard Greens Hash

- Preparation Time: 5 minutes
- Cook Time: 30 minutes
- Total Time: 35 minutes

Serves: 4

### Ingredients

- 4tbsp olive oil
- 1 yellow onion (medium sized), diced
- 8oz mustard greens, finely chopped
- 4 medium sized sweet potatoes, peeled and cut into very small cubes
- 1 green bell pepper, finely diced
- 4fl.oz homemade Worcestershire sauce (see recipe)
- 4fl.oz natural chicken stock
- Seasoning to taste

For the Worcestershire Sauce (make a bigger batch, can be kept in the fridge)

- ½ cup apple cider vinegar
- Large pinch ginger
- Large pinch garlic powder
- ½tsp dried yellow mustard (English mustard)
- 1 heaped tbsp coconut aminos

### Instructions

1. Make up the Worcestershire sauce by combining all the ingredients in a bowl. Transfer to a saucepan. Bring to the boil then simmer for 5-10 minutes. Set aside.
2. Place the olive oil in a large skillet/frying pan and cook off the onions until just starting to brown.
3. Add green bell pepper and mustard greens and continue to fry until both are beginning to soften.
4. Add the sweet potatoes, stock and Worcestershire sauce, with seasoning, continue to pan fry until the liquid begins to evaporate and the potatoes are softened. They should also start to become golden in colour. Stir frequently in order to prevent sticking.
5. Serve whilst still hot.

Options

You can add diced pancetta or chorizo or ordinary bacon to this at the same time as you fry off the onions. Alternatively, top with a fried or poached egg.



# Turkey Meatballs in Coconut Curry Sauce

- Preparation Time: 15 minutes
- Cook Time: 6-8 hours
- Total Time: 6 hours 15 minutes – 8 hours 15 minutes

Serves: 4 (20 meatballs)

## Ingredients

For the meatballs

- 2 inch piece lemongrass
- ½ small red chilli, seeds removed
- 1 clove garlic
- 2 shallots
- 1tsp dried ginger
- 1 ½ lb ground turkey
- 2tbsp almond meal or flax meal
- 2tbsp coconut oil
- Seasoning to taste
- 1 small bunch fresh coriander, chopped, for garnish

For the coconut curry sauce

- 1 yellow onion, chopped
- 2 cloves garlic
- 1 ½ inches fresh ginger, peeled and sliced
- 1 ½ tbsp curry powder
- 1tsp turmeric
- 2 cans coconut milk (if you can get the thicker milk, this is better – about 32oz)

## Instructions

1. In a food processor, blitz the onion, garlic and ginger to a paste. Place in a large saucepan.
2. Add coconut milk, turmeric, curry powder and bring to the boil, stirring to ensure that the mix is smooth – you can also whisk it.

3. In the same processor (you don't have to clean it), process the onion, garlic, chilli and lemongrass on pulse for 1 minute. Check consistency, the mix should still be firm. Pulse for a little longer if necessary to achieve the right texture.
4. Place in a bowl and mix in the ginger, almond meal and ground turkey. Roll into firm balls, about the size of a golf ball.
5. Pour a little of the sauce into the slow cooker and place the meatballs on top (prevents sticking). Top with a little water.
6. Add remaining fresh curry sauce to the slow cooker and continue to cook for 3-4 hours, checking after 3 hours so that you don't overcook them – they will become very dry.
7. When ready to serve, place on plates and sprinkle with the chopped coriander.
8. Try serving with a diced cucumber, daikon and herb salad.

## Maple Pulled Pork with Caramelized Onions

- Preparation Time: 10 minutes
- Cook Time: Up to 8 hours (check after 6)
- Total Time: 6 hours 10 minutes – 8 hours 10 minutes

Serves: 4-6 (depending on snack or main meal)

### Ingredients

- 1½tbsp olive oil
- 3 medium to large yellow onions, peeled and sliced thinly into half moons
- 3lbs pork shoulder, cut into large chunks (3 or 4 chunks will do)

Optional:

- Can of pineapple pieces in natural juice for extra sweetness! (drain juice)

For the rub

- 3tbsp maple syrup
- 1tbsp cracked black pepper
- ½tbsp garlic, crushed
- ½tbsp kosher salt
- 1tbsp Cajun seasoning or chilli powder

### Instructions

1. Wipe half a tablespoon of olive oil in the bottom of your slow cooker. Spread the onions in the pot and toss around until lightly coated. Cook on medium to high for 1 hour.
2. Whilst the onions are starting off, prepare the rub. Mix together all the rub ingredients in a bowl. Put the pork in a large bowl and massage the rub into all of the pork.
3. Place the pork into the slow cooker, once the onions have had a chance to 'stew' – approximately 1 hour after.
4. Pour a little hot water (about half a cup) around the pork and turn the slow cooker up to high (this does depend on what slow cooker you have, not all give variations on timing). At this stage, if you want to use pineapple, tip the fruit into the slow cooker.
5. Cook for 6 hours and test pork. If it is not beginning to shred, leave for a further 1-2 hours.
6. When pork shreds easily, you are ready to serve.

## Slow Cooked Apple Pork with Chorizo

- Preparation Time: 10 minutes
- Cook Time: 8-10 hours
- Total Time: 8-10 hours

Serves: 4

### Ingredients

- 1tbsp olive oil
- 2lb pork shoulder, cut into medium/large cubes (remove excess fat or sinew)
- 7oz chorizo, cut into chunks
- 2 bay leaves
- 1 tbsp mustard seeds
- 2 large celery sticks, medium sliced
- 1 large brown onion, sliced into rings
- 1 fennel bulb, finely sliced
- 2 medium sweet apples, peeled, cored and cut into large chunks
- 1½ pints natural chicken stock
- 2 lemons (unwaxed), zest grated and juice squeezed out
- 4oz fresh kale, shredded
- Large handful fresh parsley, chopped
- Seasoning to taste

### Instructions

1. Layer the bottom of the slow cooker with the bay leaves, onion, fennel, celery and apples. Add the bay leaves and mustard seeds and stir to mix.
2. Add chicken stock and lemon zest and lemon juice, along with seasoning to taste.
3. Pan fry the pork and chorizo in olive oil, until just browning on the outside. Remove from the pan and add to the slow cooker. Tip in a little of the residue in the pan, as the chorizo will have released some of its' delicious oil.
4. Add the kale to the top, almost as a layer – this will cook faster than the rest.
5. Cook on high for 8-10 hours, until the pork is falling apart and the vegetables meltingly soft (the juice from the apples will have spread beautifully into the stew). If you want the pork a little firmer, check the slow cooker after 6 hours.

6. If you are able to, stir the ingredients after about 4-5 hours, so that the flavors blend together. If for any reason the slow cooker begins to dry out a little, add a little more stock.
7. When serving, sprinkle with fresh parsley.

## Sweet Potato and Kale Chili

- Preparation Time: 10-12 minutes
- Cook Time: 30 minutes
- Total Time: 40-45 minutes

Serves: 4

### Ingredients

- Olive oil
- 4 sweet potatoes, peeled and cut into medium-sized chunks (about 2 ½ cups)
- 2 celery sticks, cut into small pieces
- 2 carrots, peeled and cut into ¾ inch pieces
- 1 large onion, cut into small chunks
- 2 cloves garlic, finely chopped
- Handful of kale, shredded
- 1tsp nigella (black onion) seeds
- 1tsp dried cumin
- 15oz can chopped tomatoes
- 2 cups natural beef stock
- 4 tbsp medium chilli powder (5 if you like it hotter)
- 1tsp dried thyme
- Seasoning to taste

### Instructions

1. Place enough olive oil in a large saucepan and 'sweat off' the onions and garlic until softened.
2. Add remaining ingredients (except the sweet potatoes and kale as these cook faster). Stir well.
3. Bring to the boil, then simmer for 15 minutes.
4. Add sweet potatoes and kale, and continue to cook for a further 15-20 minutes, or until cooked through.
5. Portion into containers, make sure the lids are properly sealed and freeze when cool.

This recipe is best defrosted and eaten within 30 days, although it will keep for longer.

## Mediterranean Chicken Stew

- Preparation Time: 15 minutes
- Cook Time: 30-40 minutes
- Total Time: 45 minutes – 1 hour

Serves: 4

### Ingredients

- 4 x 6oz boneless and skinless chicken breasts, cut into medium sized chunks (approximately 1½ inch per chunk)
- 1 large red bell pepper, deseeded and cut into small chunks
- 1 large green bell pepper, deseeded and cut into small chunks
- ¼ cup olive oil
- 1 yellow onion, finely chopped
- 2 cloves garlic, minced
- 4tbsp apple cider vinegar
- 15oz can diced tomatoes
- 1 cup natural chicken stock
- ½ tsp dried oregano
- Freshly ground black pepper
- 2tbsp chopped fresh parsley
- 3 or 4 stalks fresh thyme (left whole but remove before serving)
- 1 medium sized zucchini, halved lengthwise and then cut into dice
- Fresh basil, shredded (when ready to serve)
- Black olives (when ready to serve)

### Instructions

1. Heat a large sauté pan over medium-high heat and add the oil.
2. Add the chicken and cook, turning once, for 6 minutes, until lightly browned on both sides. Remove from pan and leave to drain on kitchen paper.
3. Add a little more oil to the pan and over a medium heat add the onion, chopped peppers and garlic. Soften, but be careful not to burn (burnt garlic tastes horrible!)
4. Add the apple cider vinegar to deglaze, and stir to scrape up any hardened juices from the bottom of the pan. Increase the heat to high and add the tomatoes, stock, thyme, oregano and parsley. Season to taste.

5. Add chicken back to the pan and cook, stirring frequently, for 10 to 15 minutes, until some of the liquid has reduced.
6. Whilst the chicken is cooking through, add the chopped zucchini. Stir and allow to cook for a further 10-15 minutes. (The zucchini is added at this late stage as they cook faster than the other vegetables).
7. Ensure chicken is cooked through before dividing into containers. Seal the container lids so that they are firmly shut.

For optimum flavor, freeze for up to 30 days, although they can last longer. Before serving, scatter over black olives and some extra fresh herbs, such as parsley or basil.